

WHAT IS CLAIMED IS:

1. An image fixing apparatus comprising:

a first rotatable member for being heated by
a first heater;

5 a first temperature detecting element for
detecting a temperature of said first rotatable
member;

first control means for controlling electric
energy supply through said first heater so as to
10 maintain a detected temperature of said first
temperature detecting element at a first target
temperature;

a second rotatable member for being heated by
said second heater, said second rotatable member
15 constituting a fixing nip with said first rotatable
member;

a second temperature detecting element for
detecting a temperature of said second rotatable
member;

20 a second control means for controlling
electric energy supply to said second heater so as to
maintain the detected temperature of said second
temperature detecting element at a second target
temperature; and

25 phase control means for controlling electric
energy supply phase so as to avoid overlapping of a
phase of an electric power supply to said first heater

and a phase of an electric power supply to said second heater.

2. An apparatus according to Claim 1, wherein
5 said phase control means decreases an electric
energization angle on the basis of a zero-cross timing
of a commercial power source.

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